



## ZONULIN - Test Code 2023



Turnaround Time: 3-5 business days



Specimen Type: Stool Kit

## Description

Zonulin testing plays an essential role in assessing intestinal permeability, which is often referred to as "leaky gut syndrome" (Fasano, 2020). Zonulin is a protein that modulates the tight junctions between epithelial cells in the intestines (Fasano, 2020). When Zonulin levels are elevated, it can lead to increased intestinal permeability, allowing larger molecules and toxins to pass through the intestinal barrier into the bloodstream. This can trigger inflammatory responses and has been linked to various conditions, including autoimmune diseases, allergies, and metabolic disorders (Fasano, 2020).

Testing for Zonulin levels typically involves a simple blood or stool sample. Elevated Zonulin levels may indicate a compromised intestinal barrier, suggesting that further evaluation and intervention may be necessary (Fasano, 2020). Managing increased Zonulin levels often includes dietary modifications, such as eliminating offending foods, processed foods, and other potential irritants, alongside strategies to promote gut health, like incorporating probiotics and prebiotics into the diet.

If an individual is experiencing symptoms related to gut health, such as bloating, abdominal pain, or food sensitivities, discussing Zonulin testing with a healthcare provider can provide valuable insights into intestinal permeability and overall well-being.

## Whats included?

- Zonulin

## Conditions and Symptoms

- Bloating
- Flatulence and belching
- Diarrhoea and constipation
- Food sensitivities
- Fatigue
- Eczema, rashes, or acne
- Joint pain

## Complementary Testing

- Secretory IgA (Test code 2024)
- IgG & IgA General Food Panel (Test code 3217)

## Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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\*See NATA and CLIA website for further details